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THE MOTHS ARE COMING

An expert describes what you can expect as gypsy moths hatch throughout May. 4



ISTOCK

THINGS
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KRISTIN TOUSSAINT, REPORTER

Did you notice the infestation of gypsy moths rampant in Massachusetts last year? They chomped on more than 900,000 acres of forest in the state. The pests usually hatch in May, so the annoyance is about to start up again. Metro talked with a state expert and a local arborist to hear about what to expect in terms of gypsy moths this year, and why it matters. Read more on page 4 and at metro.boston.us.

GIULIANI DOES NOT RULE
OUT PAYMENTS TO WOMEN

President Donald Trump's attorney, Rudy Giuliani, said on Sunday he would not rule out the possibility that payments were made to women other than porn star Stormy Daniels to get them to stay silent about allegations against Trump. Giuliani told ABC's "This Week" that he had no knowledge of whether former Trump attorney Michael Cohen had made other payments, but he said: "I would think if it was necessary, yes. He [Cohen] made payments for the president or he's conducted business for the president." Giuliani called the \$130,000 Cohen paid to Daniels in 2016 a "nuisance

payment." Daniels alleges that she had a sexual encounter with Trump in 2006. Trump has denied Daniels' allegations. Cohen, Trump's longtime personal lawyer, faces a criminal investigation in part over the payment to Daniels, whose real name is Stephanie Clifford. Daniels' lawyer, Michael Avenatti, accused Trump of having an "extramarital affair slush fund" and told ABC he believed similar payments had been made to other women. Disclosure of additional payments could complicate matters for Trump, who denied knowledge that money was paid to Daniels. **Read more on page 7.**

ANGER IN EUROPE OVER
TRUMP'S GUN SPEECH

President Donald Trump caused anger in France and Britain by suggesting looser gun laws could have helped prevent attacks in Paris in 2015 and linking knife crime in London to a handgun ban. In a speech to the National Rifle Association (NRA) on Friday, Trump mimicked the shooting of victims in the Paris rampage and said if civilians had been armed "it would have been a whole different story." The French government issued its strongest criticism of Trump since he took office and one minister urged the leader to apologize, at a time when President Emmanuel Macron

has been reinforcing bilateral ties. "France expresses its firm disapproval of President Trump's comments about the Paris attacks on Nov. 13, 2015 and demands that the memory of the victims be respected," the foreign office said in a statement. "France is proud to be a country where acquiring and carrying firearms is strictly regulated." French Finance Minister Bruno Le Maire said he hoped Trump "would come back on his words and express regret." His comments are shocking and not worthy of the president of the world's greatest superpower," Le Maire told BFM television on Sunday.

HUNDREDS FORCED TO EVACUATE AS
HAWAII'S KILAUEA VOLCANO ERUPTS

In this handout photo provided by the U.S. Geological Survey, lava from a fissure slowly advances to the northeast on Hookapu Street after the eruption of Hawaii's Kilauea volcano on Saturday in the Leilani Estates subdivision near Pahoa, Hawaii. The governor of Hawaii has declared a local state of emergency near the Mount Kilauea volcano after it erupted following a 5.0-magnitude earthquake, forcing the evacuation of nearly 1,700 residents.

POLL: FACEBOOK USERS
LOYAL SINCE SCANDAL

Most of Facebook's U.S. users have remained loyal to the social network despite revelations that a political consultancy collected information about millions of accounts without owners' permission, a Reuters/Ipsos poll released on Sunday showed. Facebook has faced pressure from regulators, privacy advocates and shareholders since it said in March that political consultant Cambridge Analytica wrongly obtained personal data through a quiz app connected to Facebook. U.S. lawmakers grilled Facebook Chief Executive Mark Zuckerberg for two days on the matter. The Reuters/Ipsos

poll adds to other indications that Facebook has so far suffered no ill effects from the episode, other than a public relations headache. The national online poll, conducted April 26-30, found that about half of Facebook's American users said they had not recently changed the amount that they used the site, and another quarter said they were using it more. The remaining quarter said that they were using it less recently, had stopped using it or deleted their account. That means that the people using Facebook less were roughly balanced by those using it more, with no clear net loss or gain.

BOSTON'S CITY HALL PLAZA
OPENS THE PATIOS VENUE

Boston has opened The Patios at City Hall Plaza. Mayor Martin J. Walsh was present for the grand opening on May 4 with scissors in hand for the ribbon-cutting ceremony that took place on Friday afternoon. "This is part of the allure and the draw of what this city is all about," Walsh said at the event. Adding, "I think this is going to bring a new energy to different parts of the city of Boston and that's what we try to do and all over the city we have a couple different open airs like this." Open to the public for some spring and summer fun, the new outside hot spot features a main area and

nine patio areas filled with plenty to do and plenty to eat from May through August. Citygoers can hang out and relax at the beer garden courtesy of Wachusett Brewing, visit the Honeycomb Creamery ice cream shop, play free miniature golf at five different locations within The Patios or attend the venue's ongoing weekly event "Puppy Wednesday." Each Wednesday from noon to 2 p.m., Shultz's Guest House, a rescue shelter based in Dedham, brings their adorable and adoptable puppies for all to play with. The Patios also feature plenty of seating for visitors to socialize and relax. **SARAH LUOMA**

STATS

TRUMP IMPEACHMENT

Which is more likely — that President Trump will be re-elected in 2020, that he will be defeated by the Democratic nominee in 2020 or that he will be impeached before serving his full term in office?



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NEWS

Gypsy moths emerge in May: Here's what you need to know

Last year, gypsy moths ravaged trees across Massachusetts. The pests are about to emerge, but their population has dwindled, experts say.



KRISTIN TOUSSAINT
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May is finally bringing some warmer weather to Massachusetts, but it also brings some annoyances like gypsy moths, an invasive species that damage trees all across the commonwealth.

Gypsy moths begin to emerge as caterpillars in May, and in past years these pests have ravaged Massachusetts trees. In 2017, more than 920,000 acres of forest were defoliated by gypsy moths.

This year, though,

trees might see some reprieve.

"We're expecting the gypsy moths population to be quite a bit lower than they have been over the past few years," said Ken Gooch, forest health program director for the Massachusetts Department of Conservation and Recreation. "The population got hit pretty hard by a fungus, *Entomophaga maimaiga*, last year, that really wiped out quite a bit of the numbers."

That fungus, Gooch explained, is soil-borne, and last year's cool and wet spring caused it to spread, thus harming the gypsy moth populations.

In past years during the drought, when soil

across the state stayed dry throughout the spring, that fungus wasn't able to grow, and so the pest population wasn't kept in check.

That fungus is everywhere though, Gooch said, some trees will still be affected. And since gypsy moths are "very, very voracious feeders," said Kevin Narbonne, an arborist with the Hartney Greymont tree and landscape company in Needham, their damage could be significant.

Narbonne explained the danger of these pests with a metaphor: Trees have energy reserves, like how you have a savings account. When gypsy moths feed on a tree, it

taps into those reserves, like you spending money you don't have.

"Eventually, if a tree gets defoliated and defoliated," he said, "that can send a tree into a downward spiral."

There's a lot of reasons you want to keep your trees healthy, Narbonne said. They can reduce the amount of stormwater that collects on your property, help with erosion control, lower the amount you spend on heating and cooling your home.

If a healthy tree is defoliated by gypsy moths three years in a row though, Gooch noted, that can be detrimental to its survival. There are preventive options, Nar-

GYPSY MOTH FACTS

The gypsy moth was introduced to Massachusetts in 1869.

They spread to every city and town in Massachusetts by 1922 and remain "a major threat to forest health" here, state officials

say. In 2017, a severe gypsy moth population caused more than 923,000 acres of damage in the state.

The small caterpillars will emerge in May and adult moths emerge in mid-July.

bonne noted, to keep gypsy moths from eating your trees, and the time to be preventative is now.

"In a perfect world, we'd have you treat every tree, but the world is not perfect and budgets are a constraint," he said. "It's good to have someone [at least] look at your trees, especially if they hold significance for you."



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920,000

In 2017, more than 920,000 acres of forest were defoliated by gypsy moths.

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Harvard researchers say these 5 healthy habits could add 10 years to your life

Want to live longer? Researchers at the Harvard School of Public Health looked at decades of data to find the habits that improved longevity.



KRISTIN TOUSSAINT
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What's the secret to living a long, healthy life?

While there's no magic potion, there are a few healthy habits that can keep you fit while adding 10 years or more to your life expectancy, according to the Harvard T.H. Chan School of Public Health.

In a report released this week, Harvard researchers said that maintaining the five healthy habits of eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol and not smoking could tack on more than a decade of extra years to your life.

Those are all things we've probably heard before, but it really is that simple, said study author Yanping Li in an email.

"The hardest part," she

continued, "is to try your best to keep the simple healthy behavior for a long time."

For the report, researchers looked at 34 years of data from more than 78,800 women participating in the Nurses' Health Study and 27 years of data from more than 44,300 men participating in the Health Professionals Follow-up Study.

They looked at the association of those five lifestyle habits and mortality risk based on those years of repeated measurements in these studies, which have been going on for decades.

Those specific habits included not smoking, a

"The hardest part is to try your best to keep the simple healthy behavior for a long time."

Yanping Li

low body mass index (of 18.5 to 24.9 kg/m²), at least 30 minutes or more per day of moderate to vigorous physical activity, moderate alcohol intake (for example, up to about one 5-ounce glass of

wine per day for women, or up to two glasses for men), and a healthy diet.

When all those low-risk lifestyle changes were followed, researchers estimated that women gained on average 14



These five healthy habits can add years to your life, according to Harvard researchers. iStock

years of life, and men gained 12 years, compared to those who didn't maintain those healthy habits.

Since these habits aren't unusual suggestions, Li said that this report was meant to really show, in terms of quantity of life, how important they are.

"For example, a lot of smokers knew smoking is bad for their health or they might have a higher risk of lung cancer, but they do not know 'how much,' and just [being told] 'a higher risk of lung cancer' seems still too far from their life," she

said. "But if they keep in mind that they will live about 10 years shorter than their non-smoking siblings or friends, they would think of [quitting] or at least to reduce the cigarettes per day."

"This is why we did our study," she continued. "We try our best to show the scientific message in a simple, straightforward and [in] almost layman's term just to make sure everybody could easily take the message home: Even with modest changes toward a healthy lifestyle, you will be paid back by a prolonged life expectancy."

Boston Marathon will award prize money to this year's top women finishers after outcry

The Boston Athletic Association has agreed to award prize money to five additional women who placed in the top 15 at this year's Boston Marathon after an outcry about the different rules for male and female racers.

Jessica Chichester placed fifth at this year's race on the rainy, cold Monday of April 16. That accomplishment comes with a \$15,000 prize, but initially, Chichester wasn't going to see any of that money.

There are different rules for male and female runners at the Boston Marathon, BuzzFeed pointed out back in April. Only women who start in the Elite Women's Start (EWS) category, a group who start the race ahead of other runners and for which you have to qualify with a specific time, are eligible for prize money.

This year's EWS qualifying time was 2:47:50, putting 46 women in

that category, BuzzFeed reported.

There is no such distinction for men, though, meaning any man who runs the Boston Marathon and finishes in the top 15 is eligible for prize money. But now, the Boston Athletic Association is changing its tune — for this year's winners, at least.

"Given the nature of this year's race, we want to recognize and celebrate some of the performances that made this year's race special. The B.A.A. will ensure that these five additional women (all of whom started in Wave 1) receive a financial award for their net-time performance this year," the association said in a statement. "These awards will be made in addition to the existing prize money that will be paid to EWS competitors, and equal with the amounts paid to corresponding EWS placements."

KRISTIN TOUSSAINT



The tough conditions made this marathon a bit different, officials said. GETTY IMAGES

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TRUMP'S AMERICA

RUDY CLEANS UP THE CLEANUP

Analysis

ELLIS HENICAN

Metro columnist Ellis Henican is the author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Join Ellis on Twitter @henican.



Why hide? Whatever else might be said of Rudy Giuliani, the former New York mayor does not suffer from excessive timidity. And there he was again on Sunday, sitting in the glare of television lights, publicly counterpunching on behalf of his latest client, the president of the United States.

Asked by George Stephanopoulos if Donald Trump and his personal attorney Michael Cohen had paid off women besides the porn star Stormy Daniels, Rudy gave an answer guaranteed to provoke further questions. "If it was necessary," he said.

Honestly, it was the only possible answer for an advocate like Rudy and a client like Trump — assertive-sounding, noncommittal, delivered with heavy spice of duh! God only knows who



might pop up next!

Rudy's been forced to clean up last week's mess, when he conceded to Sean Hannity that Trump repaid Cohen's \$130,000 in Stormy hush money and did it, at least in part, with an eye on Election Day.

Not only did that paint Rudy's client as a liar, it also conceded a key charge of the critics — that, of course, Stormy's claim represented a potentially devastating land mine.

That's what Rudy was getting at in the early hours of the mop-up on Thursday morning when he declared: "Imagine if that came out on Oct.

15 in the middle of the last debate with Hillary Clinton. Cohen made it go away. He did his job."

This might not have been helpful, but it was undeniably true.

In Washington, as the brilliant Michael Kingsley once famously said, a gaffe is when a politician tells the truth.

And that's the real squeeze Rudy Giuliani is in. If he admits the obvious, he hurts his client. If he doesn't, he loses credibility.

So he's walking down a narrow corridor and bumping against both sides.

As far as Trump testifying in front of Robert Mueller's grand jury, Rudy found his only sanctuary in sarcasm.

"I'm going to walk him into a prosecution for perjury like Martha Stewart?"

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LIFESTYLE



Lawn on D is back for the season. ALL PHOTOS GETTY IMAGES

5 Free things to do in Boston this month

Rock out at PorchFest, swing away at Lawn on D and more.



MATT JUUL
matthew.juul@metro.us

Events are always a bit more fun when they're free, and luckily there are plenty of things to do in Boston this May that won't cost you a penny. From festivals to block parties, here are the top free events happening around the city this month.

Lawn on D

The popular outdoor space and its iconic swings have finally opened for the season.

There are a slew of events that are set to take over Lawn on D this month, including live music, volleyball tournaments, plus movie screenings featuring hits like "Raiders of the Lost Ark" and other classics. **Now open, 420 D St., signatureboston.com/lawn-on-d**

Boston Calling Block Parties

The annual block party music series returns to the Greenway's Dewey Square Park this month. The festivities are free to attend and open to the public, but guests must be 21 or older as alcohol is available for purchase. The fun kicks off May 10 and will be held at



PorchFest returns to Somerville this month.

the park every Thursday through Sept. 13. **May 10-Sept. 13, 5 p.m.-8 p.m., Dewey Square Park, rosekennedygreenway.org**

PorchFest 2018

The porches of Somerville will once again

turn into impromptu stages for performers when PorchFest returns this month. The annual celebration of local musicians will take place on May 12 at homes west of

Willow Avenue between noon and 2 p.m.; on Willow Avenue to Central Street between 2 p.m. and 4 p.m.; and east of Central Street between 4 p.m. and 6 p.m. **May 12, noon-6 p.m., various locations, sommervilleartscouncil.org/porchfest**

Revere Beach Kite Festival

Hundreds of kites will take over Revere Beach later this month when the annual Kite Festival returns on May 20. The free festivities will take place right in front of the famed Kelly's Roast Beef, and the first 300 children under the age of 12 to stop by will receive a complimen-

tary kite.

May 20, 11 a.m.-2 p.m., Revere Beach, Revere, reverebeachpartnership.com/events

Memorial Day Open House at the MFA

Celebrate Memorial Day with the Museum of Fine Arts this month. The MFA is hosting a free open house on the holiday featuring art-making activities, a multidisciplinary concert by teens from Sociedad Latina, plus local artist Nora Valdez will talk about her new exhibition "Immigration Nation: A Community Art Project."

May 28, 10 a.m.-5 p.m., 465 Huntington Ave., mfa.org

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May sweeps: Why this is the best month to watch TV

From death and destruction to babies and breakups, networks deliver as they chase ratings. **SOME SPOILERS INCLUDED** (also, catch up on your TV, people).

HENRIETTA JONES
letters@metro.us

The weather might be getting warmer, but if you're a TV tragic, this month is best spent curled up on the couch — thanks to May sweeps.

The ratings measure exists thanks to AC Nielsen, which sent out actual printed diaries to households in the 1950s,

asking families to log their TV habits. Collectors would then "sweep" them back up in a westward movement across the country, analyzing the data to work out just what shows people were watching (hint: "I Love Lucy" and "Leave it to Beaver" scored big).

What used to take a week now stretches over a month of TV viewing. Despite the rise of online streaming and on-demand viewing mixing it up, it's still seen as one of the best ways to gauge viewer habits — and the more people that watch, the more networks can charge.

To tip the numbers in their favor, networks program the juiciest plot points, season debuts and finales, TV specials

and viewer events.

Here's just a sample of what to expect.

Reality finales

The big reality shows will award their winners right at the end of May sweeps; expect competition to be fierce. "Dancing With the Stars: Athletes" runs only four weeks and is scheduled to tie in with the sweeps period; NBC's "The Voice" and ABC's "American Idol" go head to head, both holding their finales May 21.

Weddings

Everyone loves a TV wedding — especially when things go wrong. This week it's "Big Bang Theory"'s Sheldon marrying Amy; on May 17th you'll see Jo's wedding to



Oh, Michael. You've been missed. "JANE THE VIRGIN" ON THE CW

Alex on "Grey's Anatomy" — but only if the writers want a happy ending.

We've already clocked one sweeps wedding thanks to "Suits," but in a stroke of luck for network TV, star Meghan Markle's real-life nuptials to Prince Harry fall during the sweeps period, complete with a Lifetime movie, documentary specials, parody live shows and live crosses (and don't worry — we're on the case for all of the above).

Cliffhangers

Cliffhangers are so hard to pull off, yet so satisfying when executed correctly. So far, it's hats off to "Jane the Virgin." The show pulled a brilliant rabbit out of its ratings hat by bringing back (in true telenovela style) Michael, Jane's supposedly dead husband.

Goodbyes

Everyone is nice when someone dies, and audiences love to send off the shows they

abandoned once they got bored. "New Girl" airs its last episode May 15, and this week you'll see part one of the final ep of "Once Upon a Time."

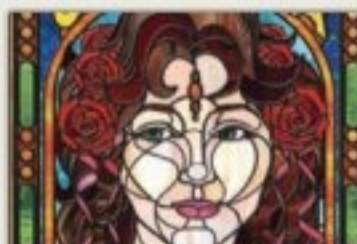
Sweeps is also a time to say goodbye to characters — while "NCIS" doesn't wrap up its season until the end of May, beloved character Abby Sciuto's last episode is tomorrow, and it doesn't bode well that her character was shot in last week's episode.



My big fat bangin' wedding. "BIG BANG THEORY" ON CBS

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JUNE 10

AUNTY DONNA
JUNE 13

AI DI MEOLA
JUNE 15

DEON COLE
JUNE 16

CHEVALIER



GLADYS KNIGHT
MAY 13



MARLON WAYANS
MAY 19



CHRIS BOTTI
JUNE 1



JOEL MCHALE
JUNE 22

PAULA POUNDSTONE
JUNE 23

NEIL DEGRASSE TYSON
SEPT 12

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KARL SAINT LUCY
letters@metro.us

Summer is a great time to craft your skills or pick up some new hobbies, but you don't have to make a trip to the library or local university to keep learning.

Massive open online courses, or MOOCs, give you all the perks of going back to school but at a much cheaper rate. Most can be audited for free, and you can take them from your laptop at home — you're only limited by your internet connection. Here are a few business and personal development MOOC offerings

MOOC = massive online open courses



Open a new tab and an entirely more optimistic future might emerge. iSTOCK

coming up, by provider.

Coursera

Courses, specializations and even online degrees are available at coursera.org, founded in 2012 by Stanford Computer Science professors Andrew

Ng and Daphne Koller. But Coursera isn't limited to computer science. Upcoming business and personal development courses include Successful Negotiation: Essential Strategies & Skills (\$49, University of Michigan,

starts May 7), A Life of Happiness and Fulfillment (\$49, Indian School of Business, starts May 7), and Psychology at Work (\$49, University of Western Australia, starts June 18). Note that all these courses can be taken free

— the price point is for a validated certificate. The 10-part Career Success Specialization from UC Irvine can be started at any time and done on your schedule for \$39/month. Browse for these and more at coursera.org.

edX

A project started by Harvard and MIT in 2012, edX.org offers a wide array of course material from the top universities. Like Coursera, most courses can be audited free — prices listed here indicate the cost of a verified certificate. Business and management courses offered this summer include Entrepreneurial Leadership Toolbox (\$99

from Babson, starts June 18), Academic and Business Writing (\$49 from UC Berkeley, starts July 30), and Public Speaking (\$49 from Rochester Institute of Technology, starts July 31). Those wanting a deeper dive can check out edX's MicroMasters programs, which offer graduate-level credits that can be applied toward master's degrees at the awarding institution for a quicker and cheaper degree — see edx.org/micromasters for details.

MIT OpenCourseware

MIT publishes material, available for free, from more than 2,400 of its courses on its OpenCourseware platform at ocw.mit.edu. There's no credit or certification here, but knowledge is its own reward. Course materials available from Sloan School of Management include Game Theory for Strategic Advantage; Ethical Practice: Leading Through Professionalism, Social Responsibility, and System Design; and Executing Strategy for Results. See ocw.mit.edu/help/get-started-with-ocw for more information.

Whether you want to dip your toes in a new interest area, sharpen an existing knife in your career kitchen, or get a jump-start on a new master's degree, try out a summertime MOOC. Your brain, and your career, will thank you.

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Book it now: How to find your summer reads

Find (and commit to) a list of books that will make you a better person this summer.



KARL SAINT LUCY
letters@metro.us

You're getting your last-minute beach body workouts in, but don't forget to exercise your mind this summer. ABC News reports that those who make a habit of reading are 2.5 times less likely to develop Alzheimer's; Science Magazine tells us that literary fiction enhances our understanding of others' mental states, "a crucial skill that enable complex social relationships that characterize human societies;" and even just six minutes of reading "can be enough to reduce the stress levels by more than two-thirds," according to The Telegraph.

But between all the backyard barbecues and Hollywood blockbusters coming up, how can you make time to reap the benefits of cracking a book, and maybe getting a better job after indulging in a page-turner?

Join a book club

"When you're accountable to someone or a

group of people for doing what you said you would do, you can easily get stuff done because you engage the power of social expectations," says Thomas Oppong, founder of All-TopStartups.com.

Joining a book club is a great way to engage the power of group accountability to support your goals. Plus, you might make some lifelong friends in the process. Find a book club near you at Reader's Circle (readerscircle.org); ALA Book Club Central (bookclubcentral.org); or on Meetup (meetup.com/topics/bookclub).

Build a reading list online

The internet is rife with recommendations — every institution and publication has published its great lists for summer 2018, and many are worth checking out. In the end, though, you'll want to have a system in place to keep track of your own personal list, regardless of where you pull the titles from. Check out Goodreads (goodreads.com) for a tool designed specifically for books. Those who want to take a more sophisticated project management approach can use Trello (trello.com), and Juvoni Beckford, a UI/



Read up, sunshine. iStock

UX engineer and "voracious reader," shares his Trello-wrangling approach for his ongoing reading project at juvoni.com/trello-book-reading-management.

Snag some audiobooks

Though The National Review makes a great case for printed matter as the best way to read books, audiobooks are a great way to stay on top of your reading while commuting, walking around, or any other situation where a book in hand is unrealistic. Audible.

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diobooks. Free, public domain audiobooks are available at Librivox (librivox.org).

The opportunities to flex your reading

muscle this summer are endless. Don't forget to share your own reading lists online when you've settled on what to read!

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4 Ways to leverage a job connection



NerdWallet is a personal finance website.

Networking is an integral part of job hunting. Things get a lot murkier, though, when it comes to actually figuring out how to network. To help demystify the process, we asked several career experts to suggest some best practices.

1. Attend events

These are typically industry-specific gatherings that take place at locations as varied as bars and convention centers. They give employers and people looking for work a chance to chat. Although you shouldn't expect to land a job at one of



It's all about the hustle. iStock

these meetings, engaging in conversations with people who were in your shoes not long ago can get you one step closer.

"Attend face-to-face networking events as often as possible," says Trish Thomas, assistant director of the Center for Internships and Career Development at Eastern Connecticut State University. She adds that

these can be great opportunities to practice your "elevator pitch."

"These types of networking events are great ways to meet people in your industry of interest, learn about different career paths, showcase your skills and interests, and polish your networking skills," says Nick Praedin, assistant director of co-op and experiential educa-

tion at Lehigh University in Pennsylvania.

2. Learn about your industry

If you're desperate to break into the publishing world, consider going to book launch parties or author panels. These kinds of experiences will not only get you into touch with the right people, but also give you insight on

how your chosen industry works.

"Professionals love talking about themselves and usually relish an opportunity to source new talent," says Chris Szpryngel, acting dean of the Malcolm Baldrige School of Business at Post University in Connecticut. "Get to know these professionals, and understand how they have achieved their current positions. This will give you an idea of the potential trajectory of your career."

3. Fam, friends and profs

Thomas advises students to build and maintain ties with people in "all aspects of their lives," including classmates and distant family members.

"Leverage your relationships with your professors," Szpryngel says. "Many professors teach in the fields they work in, and can offer students invaluable advice. Building a strong foundation with your professors now

will help open the door to future communication and potential job opportunities down the line."

4. Online presence

It's important to keep your social media accounts up to date, polished and professional. In other words, you're better off keeping those spring break pictures of you and your friends private.

Thomas recommends that students develop "a strong online presence on LinkedIn to show prospective employers that they have matured from 'college kid' to 'young professional.'"

Kevin Hewerdine, director of career services and employer relations at Indiana's Rose-Hulman Institute of Technology, advises to "find the right person who is making the hiring decisions within a company, then open a dialogue with him or her through social media."

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NBA FINALS ONCE AGAIN IN PLAY FOR THE CELTICS

OPINION

MATT BURKE

Matt Burke is the Executive Sports Editor and a columnist at Metro US. Follow him on Twitter @burke_metro



Expectations regarding how far the Celtics would make it in this year's playoffs have fluctuated from "NBA Finals or bust" two months ago, to "will be lucky to make it out of the first round" right after Kyrie Irving was ruled out, to "might be able to steal a game or two from Philly" a week ago. Today – as the Celtics sit with a comfy 3-0 series lead on the Sixers – those expectations should again be "NBA Finals or bust."

Seriously. For whatever reason, the Toronto Raptors collectively pee themselves at the sight of LeBron

James – and because that is the case, the never-say-die Celtics will have another play-off meeting against the King and the Cavaliers starting later this week. No team in NBA history has ever blown a 3-0 series lead, and both the Celtics and Cavs find themselves just one win away from an Eastern Conference Finals rematch.

The Celtics match-up spectacularly well with the Sixers as they've been able to slow Ben Simmons to a crawl. Simmons enjoys an up-tempo pace but the C's have been able to make the Sixers play a halfcourt game, and as a result the Sixers have had three straight "bad shooting nights."

That is no coincidence.

The Celtics were the third best defensive team in the NBA regular season based on opponents points per game (100.4), and that theme has continued into the postseason as the Celtics are still giving up only 101.5 points per game (good for third in the playoffs).

The key, of course, has been the Celtics' defense on Simmons – who runs the show in Philly. When things are going well for the Sixers, here is what The Ringer's Paolo Uggetti wrote about Simmons:



Beating LeBron and the Cavs is not out of the question for this gritty Celtics team. GETTY IMAGES

"Philly thrives on speed and fast breaks. Ben Simmons is a freight train in transition who can usually barrel his way to the rim or draw the defense to open space for the Sixers' many 3-point threats."

Hmmm. "A freight train in transition?" "Barreling his way to the rim?"

"Drawing defenses to open space for 3-point shooters?"

That sounds an awful lot like that No. 23 guy in Cleveland.

Of course, slowing down LeBron is a lot different than slowing down a wide-eyed rookie like Simmons. But the Celtics suddenly seem well-equipped to at least impede LeBron.

The Cavs needed Herculean efforts from LeBron to escape Indiana in Round 1, as in three of the four Cavs wins in that series he scored over 40 points.

In the series – which went the full seven games – Indiana held the Cavs to a highly impressive 94.9 points per game. And while the Pacers' defense is

good, it was not nearly as statistically strong as the Celtics' during the regular season.

So ... bring on LeBron!

Bring on the Cavs! Somehow, some way – the expectations for this unbelievably gritty Celtics team are the same as they were two months ago.

NBA Finals or bust.

Bruins season fizzles out as Tampa advances

A week ago at this time, the Bruins held a 1-0 lead in their best-of-seven series with the Tampa Bay Lightning. Today, they are headed home for summer vacation.

The B's fell, 3-1, to the Lightning on Sunday and ultimately lost the semifinal series, 4-1.

After pumping in six goals in Game 1 on April 28, the Bruins could not find the scoring touch the rest of the series as they were stifled by Tampa Bay's defense and goaltender Andrei

Vasilevsky.

Scrambling late in Sunday's game, Patrice Bergeron had a great scoring opportunity on a feed from David Pastrnak with 2:20 left but Bergeron couldn't get enough muscle behind it and the puck was gobbled up by Vasilevsky. Moments later, Tampa Bay's Anton Stralman scored on an empty-netter to ice the Bruins' 2017-18 campaign.

After giving up five goals in Game 1, Vasilevsky was dominant

the rest of the series as he allowed just two Bruins goals in Game 2, one goal in Game 3, and three goals in Game 4.

With the win, Tampa Bay advanced to its third Eastern Conference Finals in the past four seasons.

The Bruins were optimistic for a victory early in Sunday's game as in the previous four contests the team which scored first had won. David Krejci went top shelf on Vasilevsky with 42 seconds left in

the first period to give the B's a 1-0 advantage. Tampa Bay immediately responded in the second period, however, as Brayden Point and JT Miller each beat Tuukka Rask (21 saves).

Given the low expectations to start 2017-18, this will be regarded by most as a strong season by the Bruins. They finished with 112 points in the regular season – second most in the Eastern Conference to the Lightning.

MATT BURKE

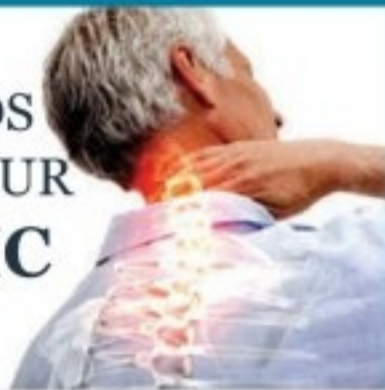


The Lightning celebrate on Sunday behind a dejected David Pastrnak. GETTY IMAGES

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- 13 Make -- double
- 14 Stravinsky or Sikorsky
- 15 Speak unclearly
- 16 Canadian boatman
- 18 Badge
- 20 Tries to lose
- 21 Pitch in
- 22 -- Mineo of films
- 23 Radiate
- 26 Eats heartily (2 wds.)
- 29 Dumas senior
- 30 "Not on your --!"
- 31 Cow's mouthful
- 33 Miscellany
- 34 Talk wildly
- 35 -- -- chance!
- 36 LPs
- 38 Bedding plant
- 39 -- -- tree (stumped)
- 40 -- alai
- 41 Rapidity

DOWN

- 44 Dished out
- 47 Talked to oneself, maybe
- 49 Dots in "la mer"
- 51 Comic strip pooch
- 52 Sandra or Ruby
- 53 Bird beaks
- 54 Gentlemen
- 55 AARP members
- 56 Slalom obstacle
- 24 Warrior princess
- 25 Eurasian mountains
- 26 Rackets
- 27 Mouse target?
- 28 Party nosh
- 30 Sand mandala builder
- 32 24 hours
- 34 Delhi currency
- 35 Carpentry chore
- 37 Flat-topped hills
- 38 Hippie's digs
- 40 Green gems
- 41 Med plans
- 42 Import vehicle
- 43 Follow the cookbook
- 44 Ogle
- 45 Director -- Kazan
- 46 Credit card balance
- 48 Hwys.
- 50 NNW opposite

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easy

6	4	5		1	9			
	2		5			4	6	
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hard

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		7	3	1	4			2
	2	6						
1			6		8			

metro.us/horoscopes



Aries Check your motives before you indulge in something that isn't right for you. Following someone else's lead will result in disappointment. Be true to yourself and your beliefs.



Taurus Stay focused on what's important, and don't make unnecessary changes. Maintain balance and integrity, regardless of what others decide to do.



Gemini Persuasive tactics will work wonders for you initially, but before you talk big and bold about what you have to offer, consider the consequences if you cannot deliver.



Cancer Make a unique contribution to stand out and be recognized for your ingenuity. Explore new possibilities and meet new friends by participating in functions that interest you.



Leo A change may excite you, but consider your choices and the possible outcomes before you make a move. Choose stability over adventure.



Virgo Trust your instincts. Participate in something to learn from the experience. Know your limitations and set boundaries that make you feel comfortable.



Libra The comments offered by children, friends or a loved one will be sincere. Don't take offense when you should be using criticism to make yourself better.



Scorpio Drive, determination and doing things your way will bring results. Partnerships will add balance and keep you from veering off course.



Sagittarius Personal change should be your goal. Consider your objective and whom you are dealing with. Share personal information only with people you can trust not to reveal it.



Capricorn An opportunity to expand a service or talent you have into something that can offer added income looks promising. Clear a workspace and make your dreams a reality.



Aquarius Emotions will be difficult to hide. Don't overreact or be indulgent to avoid having a necessary discussion. Love and understanding will bring far better results.



Pisces Don't make unnecessary changes that will alter your look or give someone the wrong impression regarding what you want. If you are open, you'll get good advice. EUGENIA LAST

Yesterday's Crosswords

EARL	BBC	ETC
DRAIN	OOH	LAO
SCENE	ANIMALS	
	EAST	CINCH
PINTO	WAD	
BLT	EBAY	ASTI
RUE	NERO	SHOO
AMMO	RIMS	ROW
DESK	LAIT	UTA
	AMY	NEIGH
REDYE	AGED	
OPOSSUM	DEANS	
LID	AGA	SANER
ECO	SHH	LAVA

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